

1 I claim:

2
3 1. A method of binding a book comprising:

4
5 providing a front cover page, a rear cover page and at least two
6 center pages each constructed of a foam material;

7
8 providing at least two binding sheets;

9
10 mounting a first one of said at least two center pages on a first
11 one of said at least two binding sheets with at least a
12 connection portion of said first binding sheet being free of
13 coverage by said first center page;

14
15 mounting another one of said at least two center pages on another
16 one of said at least two binding sheets with at least a
17 connection portion of said another binding sheet being free
18 of coverage by said another center page;

19
20 mounting said first center page on one of said front and rear cover
21 pages;

22
23 connecting said connection portion of said first binding sheet to
24 an adjacent one of said at least two center pages;

25
26 mounting said connection portion of said another binding sheet to
27 one of said front and rear cover pages opposite said mounting
28

1 of said first center page;

2
3 said at least two binding sheets connecting said at least two
4 center pages to adjacent center pages and to at least one of
5 said front and rear cover pages for binding said front cover
6 page, said rear cover page and said at least two center pages
7 in book format.

8
9 **2.** The method of claim **1** further comprising the step of
10 connecting a plurality of connection portions of said another
11 binding sheets to adjacent ones of said adjacent center pages for
12 binding a plurality of center pages within said front and rear
13 cover pages such that a book having plurality of pages is
14 constructed.

1 **3.** A book comprising:

2
3 a front cover page, a rear cover page and at least two center pages
4 each constructed of a foam material;

5
6 at least two binding sheets;

7
8 a first one of said at least two center pages mounted on a first
9 one of said at least two binding sheets with at least a
10 connection portion of said first binding sheet being free of
11 coverage by said first center page;

12
13 another one of said at least two center pages mounted on another
14 one of said at least two binding sheets with at least a
15 connection portion of said another binding sheet being free
16 of coverage by said another center page;

17
18 said first center page mounted on one of said front and rear cover
19 pages;

20
21 said connection portion of said first binding sheet connected to
22 an adjacent one of said at least two center pages;

23
24 said connection portion of said another binding sheet connected to
25 one of said front and rear cover pages opposite said mounting
26 of said first center page;

1 said at least two binding sheets connecting said at least two
2 center pages to adjacent center pages and to at least one of
3 said front and rear cover pages for binding said front cover
4 page, said rear cover page and said at least two center pages
5 in book format.
6

7 **4.** The book of claim **3** further comprising a plurality of
8 binding sheets and a plurality of center pages, said connection
9 portions of said plurality of binding sheets connected to adjacent
10 ones of said plurality of center pages for binding said plurality
11 of center pages within said front and rear cover pages such that
12 a book having a plurality of pages is constructed.
13

14 **5.** The book of claim **3** wherein said front cover page, said
15 rear cover page and said at least two center pages are constructed
16 of a polymer foam made of ethyl-vinyl acetate.
17

18 **6.** The book of claim **3** wherein said at least at least two
19 binding pages are constructed as thin sheets of foam material
20 having a thickness substantially less than the thickness of said
21 at least two center pages.
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